



# THE LAWRENTIAN

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## Activities Fair invites Lawrentians to learn about student orgs

Allegra Taylor  
News Editor

On Friday, Jan. 11 from 5:30 p.m. to 7 p.m. the Winter Activities Fair was held in the Somerset Room of Warch. While the event was more sparsely attended than the Fall Activities Fair, dozens of student organization representatives set up tables with information about their clubs.

Many clubs had incentives for students who signed up. Lawrence University Student Organized Programming (SOUP) handed out stress-toy penguins and many clubs had candy. Others had poster boards with information or educational videos set up on laptops.

Music was playing throughout the duration of the fair and members of Phi Kappa Tau and Beta Theta Pi could be seen dancing at their tables.

“It was interesting to see all the new activities opening during winter term,” freshman Juan Ayala said. “But what made the experience worthwhile was when Africa by Toto played at full volume to promote the Great Midwest Trivia Contest.”

The next Activities Fair will take place in Fall 2019, but more info on clubs can be found on the Lawrence home page.



Senior Maggie Anderson speaks to an interested student about Lawrence’s Nordic Ski Team.  
Photo by David Baldwin.

## The Death and Life of The ilLUstrator

Allegra Taylor  
News Editor

“We intend to create a space for students to read, discuss and create comics and graphic narratives. In addition to these social meetings, we hope to collect student comic submissions and publish them each term as a regular student literary publication, which will be free and available to everyone on campus.”

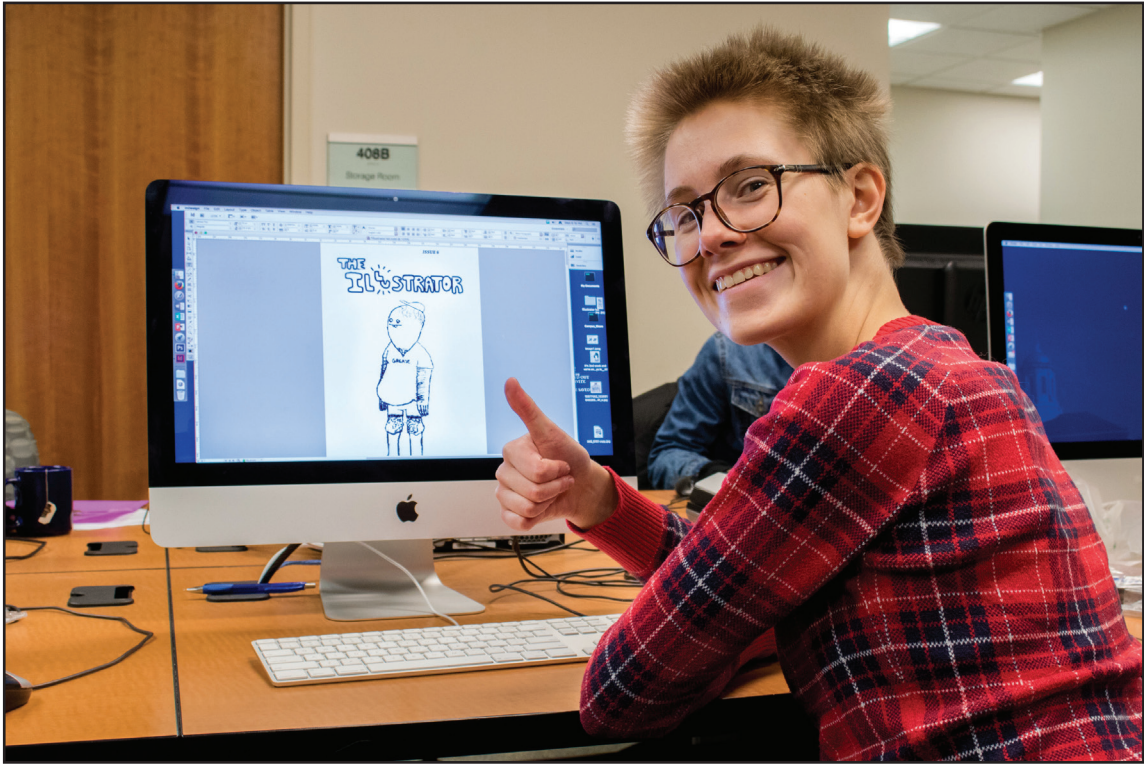
Thus reads the description of the student organization “The Illustrator” (stylized as the ilLUstrator) in the 2017 involvement guidebook. However, the ilLUstrator as Lawrentians once knew it didn’t exist at the beginning of the 2017-2018 school year.

The club was founded by alumna Willa Johnson ‘17. Under Johnson’s leadership, the ilLUstrator put out editions each term of the same-named art “zine.”

All of the art in the zines was submitted by students at Lawrence, edited and compiled by Johnson, and assembled into booklets by Johnson and members of the club. Issue 5 was published in Apr. 2017 and would be the last for a while.

In Jun. 2017, Johnson graduated, leaving the organization in the hands of other members.

Unfortunately, due to other obligations and oversights on the part of club members, member-



Junior Claire Zimmerman, the current ilLUstrator mastermind, posing with the newest edition.  
Photo by Larissa Davis.

ship dropped and the once weekly meetings became less frequent and more unpredictable.

By Spring Term of 2018, the club had fallen to the background and was not renewed as a recognized organization through the Lawrence University Community Council (LUCC).

Long-time member of

the ilLUstrator junior Claire Zimmerman noticed the club’s absence and resolved to revive it.

“It was something I looked forward to every week my freshman year,” Zimmerman said. “It was a creative space just to relax every week and when I heard it wouldn’t continue I was very sad and was prompted to try to make it con-

tinue.”

That spring, Zimmerman petitioned LUCC to re-recognize the club despite it being past the deadline for re-recognition, and started it up again.

Since the beginning of this year, the ilLUstrator has been a real club again, with weekly meetings and regular members.

This past fall, Zimmerman and the members of the ilLUstrator released the first new edition of the zine in over a year. Issue Six features art by eight Lawrence students and represents a new era for the club.

Zimmerman hopes that the organization remains strong from now on, and appeals to art-inclined (or not) Lawrentians: “God, I hope people submit to the ilLUstrator.”

The current issue of the ilLUstrator is accepting submissions until Feb. 16. Art, comics and black-and-white graphics of any form can be emailed to [zimmermc@lawrence.edu](mailto:zimmermc@lawrence.edu).

The ilLUstrator welcomes everyone and meets from 8 p.m. to 9 p.m. on Mondays in Memorial Hall 104. They’re looking to pursue new directions this upcoming year.



Variety

Break a leg

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Sports

Vikings swim closer to conference goals

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Yumi Kurosawa

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Op-Ed

Your potatoes make me sad

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# Listening Session held by new Title IX Coordinator

**Molly Ruffing**  
Staff Writer

In order to engage in a conversation about the Title IX process and education with the Lawrence University community, new Title IX Coordinator Shaniqua Crawford conducted a Title IX Listening Session. This conversation took place on Jan. 15 at 4:30 p.m. in the Warch Campus Center Cinema.

Through this conversation, Lawrence community members were given the opportunity to ask questions, listen to Crawford’s goals and also to get to know the new coordinator as an individual.

One of Crawford’s primary goals is to get to know people and to be as active on campus as possible.

With this goal in mind, Crawford spoke of her willingness to meet with different organizations and committees, whether they be comprised of students, faculty or staff. She is also happy to serve on any panel discussions in

the future and looks forward to an upcoming meet and greet event coordinated by Vice President for Diversity and Inclusion and Associate Dean of Faculty Kimberly Barrett.

Previously in her career, Crawford was mostly involved with the investigative side of Title IX matters, but that is not her role at Lawrence.

Rather, she aims to educate, program and train students, faculty and staff along the guidelines and expectations of Title IX. During her first week at Lawrence, Crawford has met with representatives of Sexual Harassment and Assault Resources and Education (SHARE) and has attended a staff meeting.

Crawford’s goals center around evaluating what is already being done and making sure people understand her role.

She emphasized that she is a private resource who reveals information on a need-to-know basis and will do her best to maintain an open door policy in her office in

Brokaw Hall room 101.

Crawford seeks to provide more education and training on topics revolving around consent and alcohol and the intersectional nature of these subjects. She hopes to work with SHARE to help students understand these connections.

Crawford also mentioned that she would be looking into providing training on consensual relationships as well as on report writing.

In regard to reports, Crawford also seeks to make the report and complaint process straight-forward and standardized to ensure that all involved are receiving the same information.

Her assessments during the beginning of her time at Lawrence will include looking into policies, standardizing the processes and ensuring they comply with Title IX.

In response to what attracted her to Lawrence, Crawford stated that she saw an “opportunity to grow as a professional and utilize

and maximize [her] skill set to be more of service.”

Whenever Crawford mentioned any goals for the future, she referred back to the theme of ‘being better’ and helping in any way she could.

Crawford also explained that Lawrence, in particular, offered an opportunity to push the vision and “is really trying to get it right.” When mentioning the hardships of working within Title IX, Crawford explained that it helps to work with people who are passionate, which is what she saw at Lawrence University.

The listening session concluded with an invitation for private, individual questions. Crawford also encouraged all to reach out to her, whether it be at her office or via e-mail or phone.

## Upcoming Events

**“Bohemian Rhapsody”**  
Friday, Jan.18, 8 p.m. & 11 p.m.  
Warch Campus Center Cinema

**Trivia Movie**  
Sunday, Jan. 20, 8 p.m.  
Wriston Auditorium

**Oxfam Hunger Banquet**  
Monday, Jan. 21, 10:30 a.m.  
Warch Campus Center Esch-Hurvis Room

**Center for Career, Life and Community Engagement Drop-In Hours**  
Tuesday, Jan. 22, 4 p.m.  
Alice G. Chapman Hall

**Intersections: How Not to be a Schmuck**  
Thursday, Jan. 24, 12 p.m.  
Sabin House

## MLK Day Events (Jan. 21)

*Teach-in: Hunger and Health in a Wealthy Nation, 2 p.m., Colman Lobby*

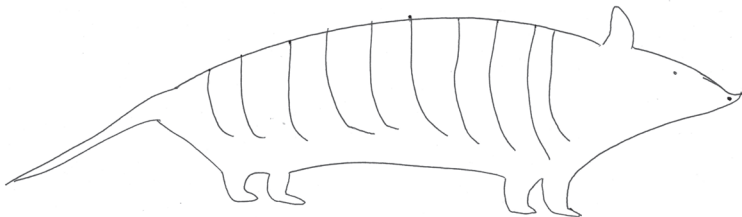
*Teach-in: Youth Mental Health, 2 p.m., Hiett Hall Room 401*

*Teach-in: The Global Climate Justice Movement, 3 p.m., Sage Hall Lounge*

*Celebration, 6 p.m., Memorial Chapel*

*Reception, 7:30 p.m., Shattuck Hall Large Rehearsal Room*

## QUESTION 42 TRIVIA LI



ANSWER: “MOISTEN WITH MILK”

WANT MORE ANSWERS?

PLAY TRIVIA  
JAN. 25-27, 2019 ON WLFM

### Democratic Republic of the Congo

As the runner-up in the Democratic Republic of the Congo’s controversial presidential election, Martin Fayulu said last Saturday that he had asked the court to order an election recount. “My appeal is constructed such that we are requesting the electoral commission to recount all of the ballot votes,” he said in a statement sent to CNN. Another opposition leader, Felix Tshisekedi, had won the Dec. 30 vote. Fayulu was widely expected to win, and he would challenge the results as they were “not consistent with the truth,” and accused Tshisekedi of taking a “dangerous shortcut to power.” The DRC’s presidential election results came after nearly two weeks of speculation and mixed reactions have followed Tshisekedi’s win (CNN).

### South Korea

As North Korean leader Kim Jong-un headed back to Pyongyang after a fourth meeting with Chinese President Xi Jinping, South Korean President Moon Jae-in looked forward to a second summit between Kim and U.S. President Donald Trump. At his annual press conference, Moon said, “The second North Korea-United States summit—to take place soon—and a reciprocal visit to Seoul by Chairman Kim Jong-un of North Korea will be turning points that will firmly solidify peace on the Korean Peninsula.” Moon added, “We will not loosen our guard until the promise to denuclearize the Peninsula is kept, and peace is fully institutionalized” (CNN).

### France

An explosion caused by a gas leak in central Paris occurred at a bakery at 9 a.m. local time last Saturday. The blast killed two firefighters who were responding to reports of the leak, while a Spanish national died hours after the incident in hospital. Last Sunday, the body of a woman was found buried under rubble, bringing the death toll of the disaster to four. “Profound sadness. Standing by the families of victims,” French Interior Minister Christophe Castaner tweeted after the explosion, adding that 10 people were seriously injured and a further 37 were “in a state of relative emergency” (CNN).

### Saudi Arabia

A senior member of the Saudi royal family, Prince Turki al-Faisal, has warned against a U.S. troop withdrawal from Syria. “The U.S. actions from my perspective are going to further complicate rather find any solutions to it, and further entrench not only the Iranians, but also the Russians and Bashar al Assad. So from my perspective it is a very negative development,” Prince Faisal said. The prince added that the departure of Defense Secretary James Mattis in December was unlikely to help matters. The prince is no longer a member of the Saudi government, but has decades of experience within it (BBC).

### Mexico

Mexicans have endured a week of gas shortages as the government takes action to combat narco fuel thieves. Hundreds of petrol stations were closed and long lines were at those left open in several central Mexican states, including the capital, Mexico City. The government of Andrés Manuel Lopez Obrador, known as AMLO, has cut off the gas supply in a number of key pipelines transporting fuel from refineries. The goal is to take the fight to fuel thieves. Many are affiliated with larger drug cartels that for years have been tapping pipelines of the state oil company Pemex. Fuel theft has become an extremely lucrative business for organized crime in recent years as profits from marijuana and opium have decreased (Fox News).

## World News



Compiled by Wenshu Wang

# HOROSCOPES

By Simone Levy

THE SIGNS AS PLACES THAT ARE COLD

Aries (March 21 - April 19) - Coral Harbour, Nuna-  
vut, Canada: there’s nothing coral about you  
except for fossils.  
Taurus (April 20 - May 20) - Utqiagvik, AK: Bar-  
row who?  
Gemini (May 21 - June 20) - Duluth, MN: a local  
favorite.  
Cancer (June 21 - July 22) - Tosontsengel, Mongo-  
lia: which means “oil happiness.”  
Leo (July 23 - August 22) - Vostok, Antarctica: you  
just have to be the winner, don’t you?  
Virgo (August 23 - September 22) - Leadville, CO:  
cute town in a barren wasteland.  
Libra (September 23 - October 22) - Moscow, Rus-  
sia: probably interfered with the 2016 elections.  
Scorpio (October 23 - November 21) - Ulaanbaatar,  
Mongolia: consistently freezing!  
Sagittarius (November 22 - December 21) - Karas-  
jok, Norway: elevation: 436 ft.  
Capricorn (December 22 - January 19) - Snag,  
Canada: you’re a bowl-shaped valley.  
Aquarius (January 20 - February 18) - Oymyakon,  
Russia: remote oasis in the Yakutia region.  
Pisces (February 19 - March 20) - Prince Christian  
Sund, Greenland: literally empty.

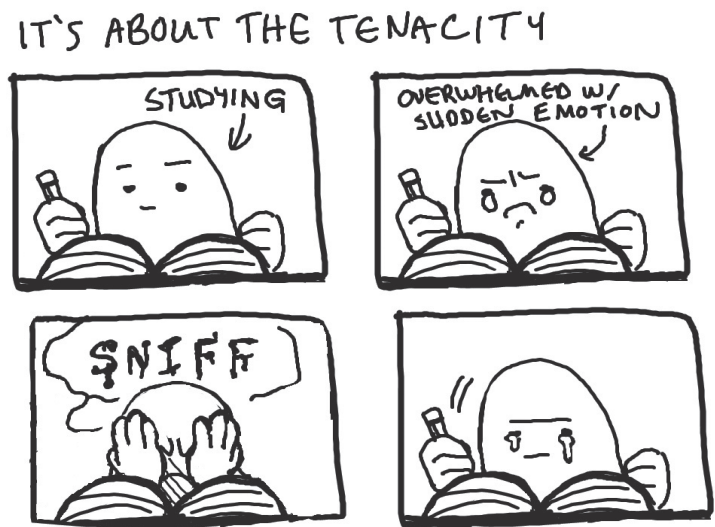
# The Idiot’s Idioms

BY CLAIRE ZIMMERMAN



# Vegetable Day

By Allie



# Fly on the Wall “The Tube”

By Tia Colbert

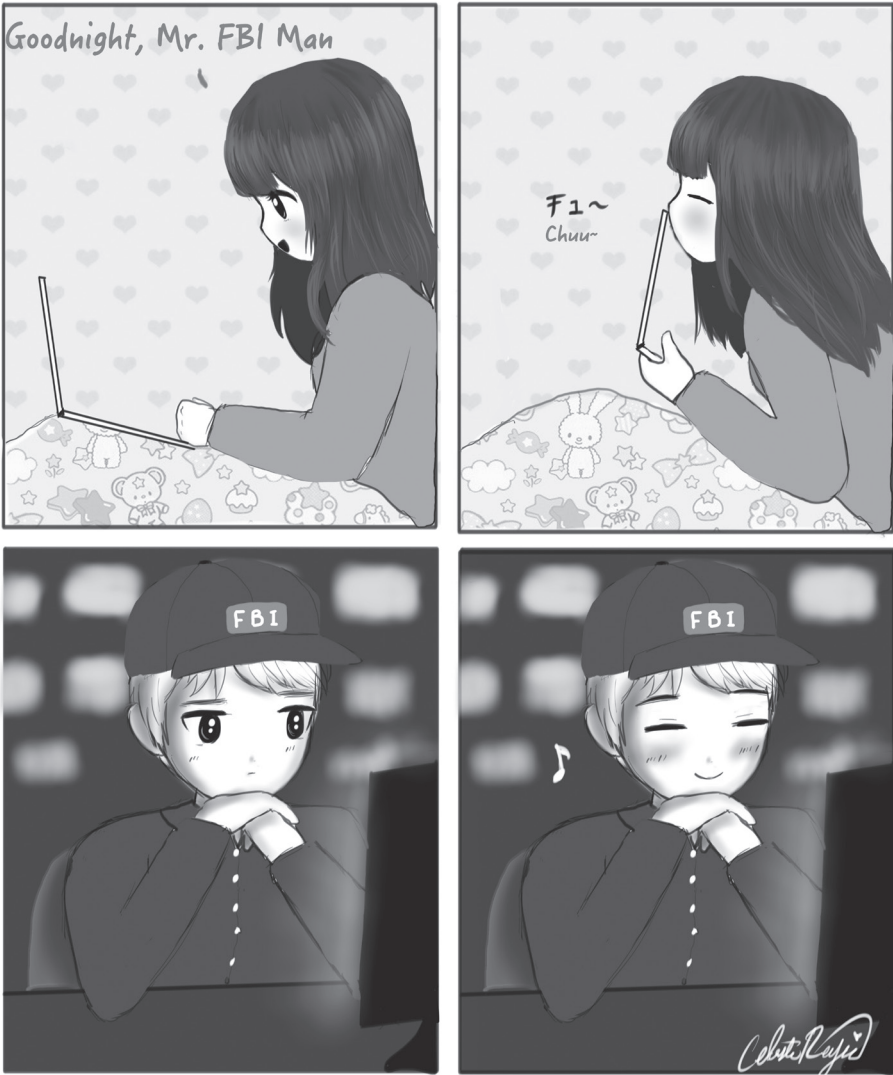
I am still so impressed by the tube system. I mean, after all these odd years, it still works! Well, yeah, the tracks are different. And so are the cars. And it’s not even under-  
ground anymore...but it still has the sign! That iconic red and blue one, with Underground through the circle. I’m so happy the new sign didn’t stick. Who did they think they were, anyway? Making a change that big without consult-  
ing those who would be affected the most.  
I’ve been riding the Overground a lot since my trip has started. Well, technically, it’s all over ground now. Ever since the fires and the floods and the second wave of fires and the ash summer

and the earthquakes and the ash winter. Despite it all, this wonderful old city has maintained her beauty. Well, as much as she could. The fires destroyed the beautiful coun-  
tryside. The floods ruined most of the architecture. The earthquakes didn’t help the architecture that hadn’t been totally ruined. And the ash seasons has made things a bit dull. But! Despite it all, this is still a city full of wonders to see.  
The tube guide was just delighted to point out current attractions and what used to exist under them. Oh, my! I keep forget-  
ting that you were never much into European studies as I was. Surely you remember from our chats? Oh, just in case. You see, the disas-

ter from the earthquakes proved too substantial in some places. The solution was to simply flatten things out and build over them. Ever since that wacky scientist guy perfected those tectonic stabilizers (which I am 100% sure I’ve told you about), this city has been made back into its most prime. I sure wish you would have come on here with me. I’m telling you, you would have loved it!  
That’s just as well. It’s almost time for afternoon tea, so I must be going. Don’t want to upset my love-  
ly hosts. Oh! I know something that would delight you: scones! They still serve scones at afternoon tea! Isn’t that just delightful? Until next time.

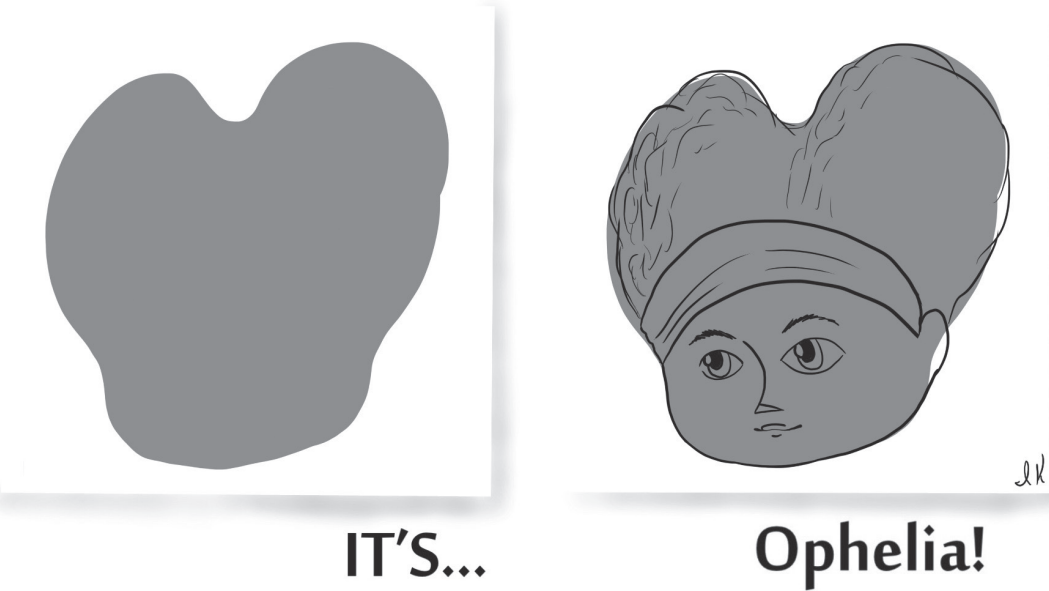
# Much Love, Little Lady

By Celeste Reyes



# WHO’S THAT SHAPE?!

By: Isabel Kelly





**Tina Schrage**  
*Staff Writer*

The first competitive weekend in the new year has been a rough one for the Vikings as the Lawrence University men’s hockey team fell to the Finlandia University Lions, 4-0, and the St. Norbert College Green Knights, 4-1. Despite their hard and vigorous efforts in both games, the Vikings were unable to pull ahead. However, they were still able to hone in on their 5 on 5 play more, which will be needed further down the line. The issue of success does not lie in their efforts or talents, but in the trickiness of finding the back of the net with a fickle puck.

“We outplayed Finlandia but couldn’t get the puck in the net, even though we had a lot of great chances,” said junior Daniel Gysi. “Against St. Norbert, we were right there with them, but all in all, the puck hasn’t been bouncing our way this weekend.” The Vikings outshot the Lions in their game on Friday with the Vikings having 34 shots on goal while the Lions had 22. While the game against the Green Knights did not provide the Vikings

## Men’s hockey can’t seem to find the back of the net

with same amount of opportunities, they still had 24 shots on goal, while the Green Knights had 35. Although the game against the Lions was a shutout, the Vikings managed to score on a powerplay against the Green Knights at the end of the second period.

“We have really struggled to find the back of the net,” said Head Coach Mike Szkodzinski. “We had several chances both nights – and we will just have to keep creating those chances.” In order to create more chances at the net, the Vikings will have to continue to play with their utmost determination and drive the puck and themselves at the net. As of recent, the team has been able to capitalize on their powerplays, which have been very useful during games. By limiting the penalties on the Vikings, the team creates more opportunities on the powerplay and on even ground. Having the upper hand against a team is good for the Vikings, but opportunities like that do not last for the entire game. In order to become a real threat, the Vikings must be able to pull through with their entire line on the ice offensively, as well as having a strong defense to support such

opportunities on the other end of the ice. The Vikings will keep these thoughts in mind as they look ahead to this upcoming weekend’s road games against Aurora University and Lake Forest College.

“We need to make the game physical and play with an edge, but we know we can have success if we play solid defense and take advantage of our offensive opportunities,” said senior Josh Koepplinger. Both of the games this weekend are against teams that skate well and are very skilled.

“For us to be successful, we need capitalize on our scoring chances,” said junior, Jacob Drinkard. These next two games, along with the remainder of the season are very important for the Vikings, so it is vital for the team to give their all and show the physicality, resilience and determination that they have shown up to this point in the season as they move forward.

“The fact of the matter is, we have everything still in front of us,” said Coach Szkodzinski. “We are just 4 points out of a playoff berth and we play the teams in front of us over the next 4 weeks in these remaining eight games. It



The Vikings continue to battle as sophomore Jacob Dobberstein glides in with junior teammate, Jordan Boelke.  
**Photo by Caroline Garrow.**

will be a battle – but if I know anything about this group, they will embrace the challenge each and every night!” One thing that the team specializes on is their support and motivation for each other during these tough times where the results do not reflect their efforts. By having each other to rely on, the teamwork will help them thrive and the result of a win will be that much better.

With the team heading into a pivotal point of the season, it is important for them to focus on

their own formulas in offense and defense, as well as create more opportunities for shots on goal. Hopefully this weekend will show some mercy and the puck will land in the back of the net a few more times than it has in this past weekend. It is the time of season where determination and hard work will help the Vikings win games and pull ahead in the rankings over their opponents. The Vikings will travel to Aurora University on Friday and continue their weekend at Lake Forest College on Saturday.

**Kelli Quick**  
*Staff Writer*

The men’s basketball team traveled to Iowa this past weekend, where they faced off against Grinnell College. In the second half of the game, the Vikings scored 60 points to Grinnell’s 62, however, the Vikings had a rocky start, only obtaining 47 points to Grinnell’s 60. Because of this the Viking’s unfortunately lost to Grinnell by 15 points, 122-107. This goes to show how important it is to start the game ready to go. The slow start was the minor setback in the first half, and ended up costing the Vikings the game.

The men had persistence and resilience to not give up in the second half, especially after having a rocky start. It would have been easy for them to throw the game, but they chose to keep fighting. They only scored a basket less than the other team, almost matching Grinnell’s score perfectly, in the second half. Their second half per-

## Grinnell vs. Lawrence: Neck and neck in the second half

formance displays how they continued to compete at their best ability.

Sophomore Bryce Denham explained, “I think the biggest challenge for us was probably remaining in our system. We had a game plan and at times we deviated from it, and because of that we struggled.” Game plans are great; they prepare one for the common challenges that should arise. However, they cannot account for everything, for the unknown is simply unknown. With that in mind, it makes sense that a system can be torn apart, or breaks down, or simply just does not work for that specific method. The challenge is, when you are stuck, the team must figure out what needs to be done in order to fix the problem, and fix it fast.

This time the Vikings were not quick enough to adapt, but that takes practice. I then asked Denham what he felt he personally struggled with during this game against Grinnell. Denham said, “I

think I need to work on not getting frustrated when things don’t go our way. That’s something that I’ve always struggled with. I always play better when I’m calm and collected”. Denham points out an important fact. When one gets angry, they do not tend to perform to the best of their ability. The anger impairs their skills and that frustration takes over their body, their mind and the game. Though Denham said he was frustrated during the game, which showed in the first half, something happened during halftime, which slapped the team out of their trance. That adjustment takes guts, mental endurance and focus.

Looking at the score, I asked Denham if he thought the team’s skills and intensity picked up as the game went on. He said, “I think we definitely improved as the game went on, especially in the second half. We stressed sticking to our system and when we did that, good things happened”. Sometimes all it takes is a minute, to step back and

look at the problem, possibly from a different angle, in order to find the solution.

Though the Vikings did not win, there were some positive takeaways from the game. “I think every game is a learning experience whether you win or lose,” Denham said. “We’re just going to take the things we struggled with, work on them in practice and come back stronger the next game.” Denham’s growth mindset is the right one to have, especially for an athlete who wants to improve. This mind set shows that Denham’s future is full of potential.

“We knew that this was going to be a very tough game against a team that is at the top of our league right now,” said the men’s basketball head coach Zach Filzen. “I was not pleased with how we played as a whole. We struggled to execute our game plan and do what we worked on in practice. We need to learn this lesson and get back to work tomorrow”.

Coach Filzen had some ideas

on how the Vikings could be more successful in the future: “We really need to grow in the areas of execution and competing every second of every day. When we execute our system on both ends of the floor we have had some success this season and are difficult to beat. However, we have too many moments where we get out of our system on either end of the court. We need to continue to grow in this area, seeking to put together a full 40+ minutes of great execution. In addition, we need to keep on competing day in and day out. We have too many moments where we get a little lackadaisical. Our guys know that we need to compete every second of every day”.

That’s really all a coach can ask for, having their athletes give the 100% they know they can, and sometimes that 101%, coupled with the ability to learn from their mistakes, coated with determination, with that, nothing will be able to stop them.

## Kenya Earl’s last minute free throws sent the Vikings into overtime against Grinnell

**Kelli Quick**  
*Staff Writer*

This past weekend, the women’s basketball team traveled to Iowa to play against conference rival Grinnell College. Grinnell is typically a fierce team in terms of the conference ranks, but the Vikings showed that they could hold their own. I interviewed sophomore starter Kenya Earl, to get the inside scoop on the game.

A fun fact about Earl is that she is from Iowa. So, when the Vikings play at Grinnell she is only about an hour away from home. Her family came, and sometimes that can make all the difference. The pride and support that comes from family makes the determination even stronger.

It is hard, especially when considering the Vikings have a small roster of just eleven people, (without injuries), vs. playing a roster (like Grinnell’s) that have eighteen players. That means Grinnell has more subs, gets more breaks throughout the game, and therefore are less tired.

By the end of the game the

score was tied, so they ended up having to go into overtime. Because this was a conference game, there had to be a winner, as conference standings are what determine playoff berths. In the end, the Vikings lost by nine points, 61-52, but their effort and perseverance should not go unnoticed.

Considering how it was a very close game, there of course had to be some positive aspects that came out of it. “We started the game off strong which is something that we have been struggling with and we got defensive stops when we needed to,” said Earl. “A big thing is, we didn’t let down when they would score a couple shots, we answered right back on the offensive end and kept fighting until the end. For me, I struggled to score, but found a way to get to the free throw line and help my team out there. I also pulled down rebounds to execute our defensive stops. To send us into overtime, I had to hit two free throws with zero seconds on the clock so that was probably the highlight of the game for me”. This goes to show that being able to remain calm and perform well

under pressure is a game changer and something Earl has mastered, a hard task for any athlete to do.

Though the Vikings clearly performed well overall, there is a reason why they lost, and there are always places where teams can improve. Earl said, “I think we need to execute our plays on the offensive end better. By improving our offense that would put us in a better position in terms of leading our team towards success, by being able to possess more, leading us to score more frequently”. Earl brings up a good point. A team needs to score in order to win, but the caveat in that is a team cannot win if the other team scores more points. In other words, teams need to play good defense.

Coming from a defensive perspective, defending is just as important as offense, if not more important. It’s this idea that you need to have balance and perfect harmony.

I then proceeded to ask Earl how she motivated herself when they went into overtime. Earl said, “It was so exciting going into overtime and getting to play another

5 minutes to try to win. I definitely got a little tired at the end of regulation, but that didn’t outweigh the fact that we got the chance to keeping fighting for a road win.” This just goes to show that there are not always going to be those inspirational talks or eureka moments that an athlete has to motivate themselves, but it can be found deep within someone.

I then asked Earl the following: If you could change something about that game, what would it be, or would you rather change nothing because since they won by so few, it could have been anyone’s game, just luck ran in their favor that day? She said, “Of course there were multiple opportunities to put us ahead and it would have been nice to get the road win, but I don’t think I would have changed anything. Despite foul trouble and some calls that didn’t go our way we showed a lot of grit the whole game and so much improvement and I’m so proud of us for that. This is setting us up for our upcoming games which we’re excited about”.

I asked the women’s head basketball coach Riley Woldt what

he thought of the game and he responded by saying, “We go into every game with a lot of enthusiasm and an expectation to win. I believe in this team and we believe in each other. We faced a number of obstacles that could have really derailed us against Grinnell. Our team’s grit, perseverance and relentless effort put us in that tremendous situation to tie the game and send it into overtime. Kenya showed just how tough she is by her efforts in the waning moments and then to hit those two free throws with no time on the clock, no one standing on the free throw line and in that hostile environment was just amazing. And, even going down in overtime, our team gutted it out to have a shot at the end of overtime. We continue to improve and I am extremely proud of what they are doing! They are a lot of fun to watch!”

Though the Women’s basketball team didn’t come home with the “W,” they learned a great deal about perseverance, and were able to push themselves mentally and physically, which in turn will lead to their success in the future.



**Madeline MacLean**  
Staff Writer

There are absolutely no negative comments that can be made about this extraordinary human. Sophomore swimmer Erin Lengel wows everyone she meets with her dazzling smile, bubbly personality and rock star attitude. You cannot help but smile when you see her. She has this effect on everyone, especially her teammates.

Not only is Lengel a phenomenal athlete, competing at a high level in the pool, but she is also the best teammate anyone could ask for. She brings high scores to the team as well as positivity. Lengel says that she “couldn’t ask for better teammates. [They] know how to compete and have fun, and that’s awesome.”

Erin Lengel has had a great season so far. She has obtained a personal record in at least one event in every meet so far this season. While the season is at its peak intensity, Lengel remains completely focused on continuing to get better, faster and stronger in order to help her team reach their goal of beating Lake Forest College at the conference championship meet this year.

“While I can see how some people see swimming as an individual sport, and I do agree that everyone has to hold themselves accountable, I really think that swimming is absolutely a team sport,” said Lengel. “We compete in a variety of events, but when we win, we score higher for our team. The more people win, the higher the team score, which means we are more likely to get a big team win. It all comes back to the team.”

Even when asked ques-

## Athlete of the Week: Erin Lengel



Sophomore Erin Lengel loves to make people smile.  
Photo by Quinten Giglio.

I don’t really know how much of an impact that makes, but I just really try to make everyone happy, you know? It can get stressful and long at times, so you just got to keep it light. You put in so much work for so many hours just to swim from anywhere between 20 seconds to 20 minutes at a meet. So, you really just got to make it worth it. So, I just try to be positive and hope that it helps other people and spreads through the team to help them get through the tough work outs.”

Everyone has their own way of staying in that positive mind set, but Erin Lengel’s strategies were very unique to her. “I count,” she said. “I really like counting. Like

swim all the time. In her free time, besides doing her school work, Lengel is dedicated to Kappa Kappa Gamma, one of the sororities on campus. She was just given a Vice President position and feels like she has begun being able to contribute a lot more to that organization.

“I also really like movies,” said Lengel. “Like Marvel movies and Disney movies. My favorite Marvel character is Spiderman, the Tom Holland one. He’s the love of my life. I just really love how he’s very enthusiastic and positive even though a lot of bad things happen to him and he still helps other people. I just really want to be like

him”.

Lengel’s top three Disney movies include *Tangled*, *Big Hero Six*, and *Finding Nemo*, but if she were to be a Disney character, she would be Olaf because he is, as Erin puts it, “bubbly and happy like me. I just relate to him a lot.”

This scrunchie loving, Corgi named “Whinny” wanting, high spirited athlete sticks with the motto: “It is my goal every day to make someone smile or laugh. I live by this. It makes me happy to see others smile, and I want others to be happy. That is constantly on my mind... as well as break dancing penguins” said Erin Lengel.

For anyone thinking about coming to Lawrence, especially to swim, Lengel says “Absolutely do it. You will meet amazing people that will turn into your best friends. It will teach you to time manage well. As cliché as that sounds, I love my schedule and I wouldn’t want it any other way. I’ve just had a really incredible experience and it’s been so fun and cool. I wouldn’t want it any other way. It’s really time consuming, but to me it’s all worth it and I really hope that others feel the same way.”

Erin Lengel is an exemplary example of the best teammate, hard-working athlete and determined human being. She embodies the positivity and the success that everyone strives for throughout their athletic career and into real adult life. In her words, the most important thing someone can learn from Erin is that “You can be really focused and driven, but you can have a lot of fun too!

So, go out, stay determined but never forget to have fun and stay positive while you strive toward your goals.

## Vikings swim closer to conference goals

**Molly Doruska**  
Staff Writer

The Lawrence University men’s and women’s swim teams are in the heart of their training and competition season right now. This past Saturday, Jan. 12, they hosted the Scarlet Hawks of Illinois Tech for a dual meet at the Boldt Natatorium.

It was a really strong showing on the women’s side as there were fast swims across the board. The meet got off to a good start as the 400-yard medley relay team consisting of sophomore Erin Lengel, senior Emmi Zheng, first-year Mizuki Ohama and junior Bridget Duero, combined to win the event in a time of 4:11.61. They continued rolling in the 1000-yard freestyle as first-year Mae Grahs won the event while junior Elise Riggle took second and sophomore Erin Szablewski took fourth. Lengel picked up another Lawrence victory in the 200-yard freestyle and fellow sophomore Mandy Marsh took third in the event.

The Lady Vikes just kept rolling through the meet as Duero won the 50-yard freestyle and first-years Caitlyn Lansing and Leena Meyers were third and fourth, respectively. In the 100-yard butterfly, Ohama won the event while

senior Sarah Schweickart took third and junior Alena Hanson was fourth.

Lawrence swept the top three places in the 100-yard freestyle as Lengel, Duero and Marsh took first, second and third, respectively. Grahs picked up her second victory of the meet in the 500-yard freestyle while Szablewski and junior Zoe Mann were fourth and fifth.

There was also a strong showing in the 100-yard breaststroke as Zheng won the event, Lansing was third and sophomore Annika Lund was third. Finally, Lawrence ended the night with another great performance in the 400-yard freestyle relay as the team of Grahs, first-year Laurel Soderquist, Marsh and Schweickart won the event in decisive fashion in a time of 3:58.15.

On the diving side of things, first-year Maddy Smith, Lawrence’s first diver in a number of years, won the 1-meter diving competition with a score of 239.90. She also took first in the 3-meter diving with a score of 244.60. Adding all the victories together, the Lawrence women won the dual meet 153-66.

“The season is going really well,” said Duero. “The women’s team is undefeated in dual meets and both teams have had some really good swims at the meet.

We’re at the hardest point in our training right now and are getting hyped up for conference in a month. The women are hoping for second-place.”

There were also some strong swims for the men’s team. Sophomore Anton Hutchinson got things rolling for the Vikes as he won the 1000-yard freestyle by 23 seconds. Hutchinson also picked up a victory in the 500-yard freestyle while sophomore Charlie Phillips was third and senior Jordan Spalding was fourth.

Lawrence also picked up a bunch of second-place finishes in the meet starting with the first event, the 400-yard medley relay. The team of senior Max Stahl, junior Tom Goldberg, Phillips and junior Liam Wulfman took second in a time of 3:49.21. In the 100-yard butterfly Phillips was second, first-year Nuwa Serunjogi was third and first-year John Berg was fourth. Goldberg was also second in the 100-yard freestyle. In the 100-yard backstroke, Wulfman took second and first-year Ben Schrag was fourth. Goldberg added another second-place finish in the 100-yard breaststroke. Schrag was also fourth in the same event. Lawrence added once last second-place in the 400-yard freestyle relay with the team of Spalding, Stahl, Serunjogi

and Hutchinson in 3:36.53.

Lawrence lost the dual to Illinois Tech 128-64.

Even with all the training, the swim team has ways of making it fun. Over the December break, the team took a training trip down to Florida.

“Our training trip was super fun,” said Hanson. “The weather was a little chillier than I would have liked, but it was still better than Wisconsin.” The team puts in a lot of work as Hanson said, “We went to Nokomis, FL and swam at the Venice YMCA twice a day.”

Even with all the training, the team still found time for other activities as Hanson described, “On our day off we had a choice to go to the beach or to Universal Studios.” Hanson chose to go to the beach and enjoyed her time there. She said, “We got to look for sand dollars on the beach and play beach volleyball, which was hilarious because swimmers lack hand-eye coordination.”

Within all the fun, the team is having a great season. They hope to continue their momentum all the way to conference in the middle of February. Look for more strong performance from the team this upcoming Saturday, Jan. 19 as they host the Lawrence Triangular at 1 p.m.



### STANDINGS

#### MEN’S BASKETBALL

TEAM	MWC	OVR
St. Norbert	8-0	10-5
Grinnell	7-2	11-4
Lake Forest	6-2	10-5
Ripon	6-2	10-5
<b>Lawrence</b>	<b>5-4</b>	<b>8-8</b>
Beloit	4-4	6-9
Monmouth	3-5	5-10
Illinois	2-7	4-12
Cornell	1-7	3-12
Knox	0-9	1-15

#### WOMEN’S BASKETBALL

TEAM	MWC	OVR
Monmouth	7-1	12-3
Lake Forest	7-1	8-7
Ripon	7-1	8-7
Knox	5-4	8-8
Cornell	4-4	4-9
Grinnell	4-5	6-9
St. Norbert	3-5	4-11
Beloit	2-6	3-12
Illinois	2-7	6-10
<b>Lawrence</b>	<b>1-8</b>	<b>4-11</b>

#### MEN’S ICE HOCKEY

##### South Division

TEAM	NCHA	OVR
Lake Forest	6-2	8-5-4
Adrian	6-3-1	11-5-1
Aurora	5-5	8-9
MSOE	4-4-2	6-8-3
Concordia	3-6-1	5-10-2
Trine	3-7	7-9-1

##### North Division

St. Norbert	6-3-1	10-4-3
Marian	6-3-1	8-6-3
St. Scholastica	4-5-1	9-7-1
Finlandia	3-5-2	5-10-2
<b>Lawrence</b>	<b>2-7-1</b>	<b>4-12-1</b>

#### UPCOMING EVENTS

**Women’s Basketball vs. Beloit**  
**Jan. 19, 1 p.m.**

**Men’s Basketball vs. Beloit**  
**Jan. 19, 3 p.m.**

**SWIM & DIVE**  
**Jan. 19, 1 p.m.**

**Champions Of Change**  
**Dry Night in the Viking Room**  
**Jan. 21, 7 p.m.**



Standings are courtesy of  
[www.midwestconference.org](http://www.midwestconference.org)



LET’S GO,  
LAWRENCE!



# Travelogues: Amsterdam with Mara Kissinger

**Tashi Haig**  
*Columnist*

After a semester of exploring the streets and canals of Amsterdam, junior Mara Kissinger is chock-full of advice for fellow students considering a program abroad to the Netherlands. Kissinger travelled specifically through the International Education of Students Abroad program (IES) to explore Gender Studies in Amsterdam, and their experiences both in the classroom and on the streets create a snapshot of life for the average American college student experiencing this new environment.

While the university Kissinger attended operated similarly to an American one, it was still an adjustment for a Lawrence student who is used to the close-knit school community and discussion-based classes with one-on-one interaction that Lawrence provides.

In Amsterdam, Kissinger attended a university with campuses on opposite sides of the city and large lecture classes akin to those of a large, public state school. Kissinger noted that the content of one of their classes, "Introduction to Gender and Sexuality," was not unlike an equivalent American class, yet the large lecture hall environment of classes in Amsterdam lessened the sense of engagement, especially with professors, which is encouraged at Lawrence.

"At Lawrence, [classes involve] a little bit more of a conversation, and a little less reverence—which is not to say that it is disrespectful, but more to say that you're more likely to speak up when there's more of a friendly relationship," Kissinger explained.

Kissinger especially stressed the importance of informing oneself about current political issues in Amsterdam before traipsing through a semester there, and of being aware of traffic and transportation rules—both official and unstated—so as to be prepared.

"People have this perception of Amsterdam as a very free, open city and I think there are a lot of

complexities there that people don't get into, and I think people should because they're interesting, but also you will experience them," Kissinger warned. Kissinger went on to explain that during their fall semester, an old Dutch Christmas tradition of bring-

another study-abroad student from a different program was involved in a fatal accident after drunkenly riding her bike into the path of a tram.

While a large part of Amsterdam's appeal is its biking accessibility, Kissinger pointed out that if bik-



Junior Mara Kissinger.  
Photo by Anton Zemba.

ing out "Zwarte Piet," a servant of Santa's who is represented by a man dressed in blackface, shockingly still remains to this day, sparking much dissent and protesting. Along with the controversy around this holiday, Kissinger noted that student protests and sit-ins also took place which were important to be aware and informed of.

On another sobering note, Kissinger warned against riding bikes in Amsterdam drunk or high. Though the idea may seem funny, Kissinger and their fellow students were made all too aware of the tragic and very real circumstances of doing so when

ing is not one's usual mode of transport, it's best to be cautious.

"There are as many traffic rules for bikes as there are for cars because they are an official part of the road...you have to know when to yield, you have to be on the right side of the street [and] you have to pay attention to traffic ... if you're nervous about biking, don't bike in Amsterdam because everyone in Amsterdam has been biking since they were six years old."

That being said, Kissinger mentioned that Amsterdam is also highly accessible on foot, some-

thing which was a highlight of their time abroad. "Honestly walking around was one of my favorite parts, just existing within that context. I thought it was a really beautiful city. It was fun to see all of the little shops and what they had ... basically everywhere you went, there were beautiful old buildings."

There are an overwhelming amount of activities to do and places to explore in Amsterdam, and Kissinger mentioned some highlights while cautioning against overexerting oneself by trying to squeeze in too much at once. Along with the Rijksmuseum, the Van Gogh museum and visits to nearby towns, Kissinger mentioned that their favorite destinations were the powerful Anne Frank house and the opera house which, like Appleton's own beloved Fox Valley Performing Arts Center, provides student rush pricing with the added convenience of making the tickets with vastly reduced price available for purchase online.

Amsterdam has also engineered a genius solution for food cravings during a night out on the town: literal hole-in-the-wall restaurants where one can pay just a few euros to open a window display and snatch pre-made meals out of the wall are a popular drunk-food convenience.

Though spending a whole semester on the other side of the world may seem daunting, Kissinger assured that the program they travelled through, IES Abroad, does its utmost to provide a sense of home comfort for its students.

Along with pumpkin carving for Halloween and a Thanksgiving potluck, Kissinger mentioned an amusing attempt to cater to American students: "One misplaced effort by [the program] was their plan to take people to see a light festival and then go to Taco Bell—the only Taco Bell in the Netherlands," Kissinger laughed. Though this was a silly example of the program's attempts to make students comfortable, Kissinger assures that "[IES] definitely wanted people to feel at home, and they did their absolute best to make sure people were thriving and doing well."

# Hidden Figures: Shaniqua Crawford

**Karina Barajas**  
*Columnist*

This week's hidden figure is excited and happy to be a part of the campus community. She has completed her first week and is looking forward to meeting more students, faculty and staff. Although Shaniqua Crawford, the new Title IX Coordinator, was featured in last week's issue, there is still so much to get to know about her. Her office is located in Brokaw Hall Room 101 where her main role is to work with students, faculty and staff on prevention methods, education around Title IX and giving survivors resources, all while making sure the process is fair and unbiased. All universities are required to and should have a Title IX Coordinator.

"I can't say that I always wanted to be a Title IX Coordinator because when you look at the history of Title IX, it is only the last couple of decades that we have seen a push for this role on college campuses," Crawford explained. "I can say that I have always wanted to be a lawyer and that means I have always wanted to be of service to others. As a lawyer my duty to uphold the notions of equity and fairness translate well in the world of Title IX."

Crawford will be involved in the Sexual Harrassment and Assault Resources & Education (SHARE) program. From her understanding, "SHARE is a volunteer committee that assists in advising the university on sexual misconduct and developing education and resources for our campus community. It is made up of various constituents on campus who are dedicated to ensuring that we are a progressive and knowledgeable community surrounding these issues."

Crawford's role is to ensure that we are in compliance with Title IX regulations and that we are utilizing the best practices in our training, preven-



New Title IX Coordinator Shaniqua Brown.  
Photo by Anton Zemba.

tative education and programming, to listen and be an ally to her hardworking fellow SHARE members and, overall, be of service to our campus community. So far, Crawford has attended several meetings and meet-and-greets. Her main goal is outreach to student organizations and to try to get to know her colleagues.

Prior to Lawrence, Crawford was the Deputy Title IX Coordinator and Prevention Coordinator/Investigator at the University of Wisconsin-Oshkosh. Her favorite part of her previous career was her interaction with students and serving as the co-advisor for the Sisterhood, a student organization.

"In my previous role, I was charged with con-

ducting actual investigations into complaints and creatively educating the campus community on matters surrounding Title IX in an effort to prevent violations of policy," she explained. "Additionally, I served as a consultant with different faculty, staff and student organizations on issues surrounding both this area and Civil Rights compliance. My role was a bit more broad because of the Civil Rights aspect."

She chose to work at Lawrence because the campus is safe and mindful as well as focused on education, which is where she comes in. In order to make change it requires the interest of everyone, and Crawford sees that as the main goal of

Lawrentians.

"The students here are absolutely great! They are a welcoming and passionate group of individuals," remarked Crawford.

When asked why she thinks sexual misconduct is a big deal on college campuses, and what she hopes to do in order to prevent it, Crawford responded, "It is a big deal because it adversely impacts the learning environment and the purpose and mission of the university. I hope to shift the culture around these issues through education and programming, and to work diligently to address issues when they do arise."

In her free time, Crawford likes to read fiction and spend time with her three girls and guinea pig. Although she does not travel much, she would like to travel more often.

Her main goal at Lawrence is to assist the needs of the training program, build a rapport, and let everyone know she is here and working, helping individuals take action steps in trainings and being of assistance to bring changes to campus. Crawford is here to be of service. She wants to be known as a familiar face and a leading expert in her field. She wants students to know she has an open-door policy.

Crawford's inspiration stems from her kids and students in higher education. "I was once in that position. Students remind me of my purpose and why we should all come together to do this type of work," added Crawford.

Professional, dedicated to her purpose and enthusiastic to help others are the attributes that make Crawford a hidden figure of note. Please give her a warm welcome!





# Faithful Retellings: Gabriel Baker

**Katie Mueller**  
*Columnist*

*While we've always been told never to bring up money, politics, or religion at the dinner table, sometimes it's these subjects that can lead to the most insightful discussions. Our perspectives on spirituality and religion are as different as the backgrounds and stories we carry with us. This column will showcase students and their relationships with faith and religion in hopes of celebrating the many ways in which we philosophically, mindfully and spiritually make sense of the world around us.*

Junior Economics major Gabriel Baker sees his Christian faith intertwined with all that he does. Baker senses that all the patterns and cycles that work throughout nature and the economic systems he studies are all grander than himself. He is committed to his studies and hopes to use them to find a job that allows him to help and serve others. For Baker, faith is the driving force in his life that inspires him to learn more and be an example of compassion to everyone he meets.

Baker described the world of Christianity as like a library full of many separate rooms that are all a part of the same building. These separate rooms all represent different interpretations of Christianity. Baker sees himself outside those rooms as a non-denominational Christian.

He stated, "I don't think that certain denominations of Christianity are wrong. I'd say I more so haven't selected a path. I never grew up around organized religion, but my parents hung the Lord's Prayer in my room, so I thought prayer must be a good thing and I'd say the prayer before bed even though I didn't know what it meant."

In only the last three years, Baker has become more and more intimately connected with his faith. One moment that led up to these last three years was an experience from his senior year of high school on the football field.

Baker stated, "I had made a big goal line stop and then I looked at my finger and saw that it was completely dislocated. I said, 'Lord, this is the Devil's work. You've got to save me now.' Where did that come from? Who was I talking to? My life as an athlete and getting these injuries was a spiritual area where I've found God without knowing God. Then I came here knowing God was a thing, and I started going to church winter term of my freshman year because I wanted to own up to this faith—clearly it's greater than me."

Another moment that has guided Baker's faith was an experience he had the summer before his sophomore year. Baker stated, "There was one day where I found myself on my knees bawling. I didn't see God, but I felt Him. I felt Him telling me there was a lot of work to do, and at that point I remember thinking, 'How can I do it? I just feel so sad.' So ever since then I started reading scripture more, and I work to be more compassionate. To hate someone in your heart is to murder them in spirit. I am not God,



Champions of Change Founder Gabriel Baker.  
Photo by Nidi Garcia.

but I strive to be just as compassionate as Jesus. Not only to those I love but to those who trespass against me. As a human that can be very hard to do! But I believe that this faith enriches life."

Faith has also been a motivating factor for Baker to take an initiative on campus in starting a group called Champions of Change, which promotes healthy college drinking habits. Baker stated, "As a Christian there are habits to avoid. I don't believe God put me on this earth to get drunk and say or do something that critically affects someone else. Drinking and addiction affect so many people's lives

and they are issues that a lot of people struggle with on college campuses. It's not that people who drink can't take care of themselves, but for me it's something I try to avoid as it could be an avenue to worse things."

Baker knows the ways Christians can be perceived and the ways Christians have acted to add to those perceptions. He stated, "Christians can be seen as uptight. Many can be against LGBTQ+ people, or against pro-choice people. Apparently, there are Christians who are anti-vaxxers too? I don't know where it says that in the scripture. God gave us the

tools to make medicine like that. When I got my last injury, I didn't want to take oxycontin because I know what it can do, but that choice wasn't because of my faith."

"The idea that you should feel shame and guilt about something you've done or who you are, those are constructs of the Devil," Baker stated about the way Christians think about the concept of sin on a day-to-day basis. He explained this more as he stated, "That's spiritual warfare. In economics we talk about decision trees. They sort of represent all the paths that exist in relation to how many decisions we have to make. God wants you to follow one path, but no one's ever done that. There are many paths to take because of all the decisions we have to make. But no matter what choices you make, God will never abandon you."

Baker stated that it's important to embody the real values of Christianity, rather than just using faith to hold yourself above others. He stated, "As Christians, the worst thing we can do is go to someone who is different than us or has experienced different things in their lives and say, 'Well you don't have enough faith.' It could seem easy to say that to someone who has gone through something traumatic. But it's really saying, 'I obviously know what I'm doing; I wear this cross and I go to church.' If you aren't thinking about what you read or about what you hear in church, those things don't mean anything. In this sense, Christians have a misconception about what it means to be a Christian. As an athlete, I have to have a certain diet. Sometimes I eat a lot to gain weight or eat selectively to manipulate my body a certain way. It's the same thing with church. Church nourishes you but if you don't exercise it, you just get obese. Faith is an active and present thing."

At the root of the root, Baker's faith in Christ comes back to love. He seeks it out in all he does. Baker stated, "If you want to talk about love, look at Christ. Love is something so powerful. Love can heal us, it can change us, and it can reprimand anything. It is beautiful. My goal in life is to be happy. Regardless of whether or not I make money, I want to be happy. I want to do things that make me proud and be grateful for my life. That means living a life of love. Love and compassion is something that we have a choice to give. Those who do not know love don't know Christ, because Christ is love. So if you know what love feels like then you know Christ, and that's beautiful and unparalleled. That love of is like nothing else. It's unexplainable, it's unconditional and it doesn't matter where you are or what you do. That love never fades."

*If you're interested in learning about more Lawrentians and their spiritual journeys, come and read their stories that will be on display outside Stansbury Hall throughout the production of Bernstein's Mass scheduled to be performed Feb. 14-17. This opera tells the story of religion, doubt and a spiritual journey. Make sure to come and see it.*

## Healthy relationship boundaries

**Peter Lagershausen**  
*Staff Writer*

On Jan. 15, Counseling Services staff member Kate Bellingar hosted a discussion about healthy boundary setting in relationships. The talk was held in open discussion format and educational materials were distributed. While most of us have a general idea of what healthy and unhealthy boundaries look like, attendants were given the chance to dive deeper and think about common experiences involved with setting them.

Bellingar prefaced by saying, "Boundaries are different for different relationships. They may be very rigid for work and very porous for romance. They can also vary based on your family and upbringing.

"For example, leaving belongings unattended is common at Lawrence, even if I find that uncomfortable based on my background." The significance of this, she said, is that being aware of your boundaries is the first step in being able to change them. She noted that people often don't know that they can say no or assert a need.

These things, along with 'excessive caretaking,'

were named as some of the most common trends in unhealthy boundaries. Were they to become aware that those are boundary related issues and thus, in their control, they could gain more autonomy and fulfillment in their relationships.

As a disclaimer, Bellingar said that her background in counseling discourages self-disclosure. But since her boundaries are different with clients and non-clients, she said, "I always like to ask myself: what parts of myself am I trying to protect with my boundaries?"

She makes an important point: that the awareness of motives for one's boundaries is just as important as knowing what the boundaries themselves are. The question she alluded to is particularly useful for this because it naturally leads to these motives being based on sincere, personal goals for relationships.

A basic guideline for boundaries is that they should be "predictable, consistent and clear." A few examples given illustrate how much this can vary and how important it is. One attendant, a Resident Life Advisor (RLA), noted that RLAs are obliged to forward certain things, such as Title IX related information, to the appropriate resources. In other

words, confidentiality is not one of their boundaries.

They also do not provide personal support. These are official boundaries, and thus they fit the three aforementioned bullet points. Bellingar used a personal anecdote about a boundary that is less clear cut. "I was dealing with somebody talking to me about the same person incessantly, like a broken record," she said. "I had to eventually insist that they not make them a conversation topic anymore." This situation is poignant because it illustrates a common archetype of conflict surrounding boundaries. Often, by the time somebody wants to change a boundary, the status quo has been okay up until that point in the relationship.

After all, boundaries usually develop naturally and implicitly; we don't tend to actively or consciously police them, and this itself can turn into an unhealthy boundary. So what if this change feels jarring to the other person? Bellingar says that one must be assertive and isn't obliged to defend the new boundary in any way other than answering respectful inquiries into it.

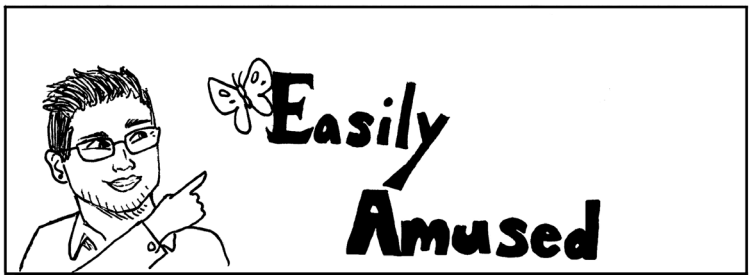
One topic brought up was the comparison of self-respect versus self-esteem. The former, she said, is "recognizing your needs and boundaries and

asserting them," and the latter is "a sense of worth and confidence in who you are." In a sense, self-esteem is what makes somebody desire and recognize healthy boundaries, making it the motive for self-respect, which is the agency to put it into action.

Textbook examples of boundaries by category are very familiar to many of us. But critical analysis of your own relationships and those of your peers is important to gaining a more practical understanding of boundaries.

It doesn't sound right to say, "Go find unhealthy relationship patterns among your friends," but analyzing examples that are relevant to you is much more useful than something abstract like "healthy partners don't yell at or shame each other." For example, how could you be vigilant against an unhealthy boundary if you aren't aware of common excuses for them? Bellingar affirmed the importance of dealing with specific situations. She said, "Having discussions like this is a good start, but you should come to counseling and encourage your friends to if you are experiencing issues related to boundaries."





"Moxie and talent at Open Mic Night"

Jay MacKenzie  
Columnist

On Saturday, Jan. 12, Open Mic Night took place in the Mead-Witter room at Warch Campus Center. The open mic, hosted by junior Daniel Green, was an after-hours event that attracted a sizeable audience. Green kicked things off himself at 10 p.m. with a short set of original music. After he performed a few songs with the accompaniment of recorded tracks, Green sat down at a piano to provide his own harmonies.

Green's lyrics centered around themes of relationships and loss. His performance was very authentic; I could sense an earnest effort to convey raw emotion and meaning. The result was an aesthetic appeal that is also characteristic of bedroom pop and lo-fi in which sparse production reduces the distance between the listener and the artist's own personality and intent.

Green's opening act was a high note that reverberated through the remainder of Open Mic Night, carried along by his charisma as a host. Before handing over the mic to the next performer, he made a "shameless plug" for SOL Studios, the on-campus organization for music producers with which he is involved.

Next up was freshman Juan Ayala, who read a poem titled "Thoughts." The poem was dense and dark. It seemed to evoke the experience of attempting to fall asleep while your mind is still very much awake, dragging you through the memories, images and ideas that lurk undigested in its depths. Ayala rattled off a litany of these "Thoughts," which appeared to follow no logical progression, but instead represented various angles of a dream-like image engulfed in a nebulous cloud of fear, loneliness and despair. The poem was clearly very personal to Ayala—perhaps it was inspired by some particularly long, restless nights.

As Open Mic Night continued, there were a few other acts that stood out to me. One was freshman Marcus Anderson and his semi-improvised performance of Kenny Dorham's jazz standard "Blue Bossa." Showing off some jazz flute skills that would put Ron Burgundy to shame, Anderson played through the main melody of "Blue Bossa" a few times before mixing it up with scalar runs, a variety of harmonic accents and other improvised flair. He demonstrated a great deal of sensitivity, paying attention to stylistic nuances while maintaining a steady tempo—both things that are especially difficult to do when your brain is busy making up music on the spot.

Afterwards, senior Jacques Fehr rapped over several different tracks. He explained, "I got most of these beats off of YouTube like 45 minutes ago," meaning that his raps were either extemporaneous or had been written just before the event. That's very impressive, considering that his rhymes were clever and fairly dense. He riffed on themes of growing up, nostalgia, guilt and confusion, weaving these

thematic threads together in different ways on each beat.

After the first few tracks it was evident that he had run out of prepared material. He still had more beats queued up, which resulted in an ad-libbed monologue about his childhood synagogue getting turned into a church, and his reluctance to return there afterwards. It was surreal and somewhat nonsensical, but it was somehow an effective sequitur to his previous rhymes and drew several laughs from the crowd. Fehr's rapping skills were undeniably impressive; it takes confidence and poise to extemporize in front of a live audience.

In a sharp departure from Fehr's rapping, sophomore Jacob Deck took the stage with a micro-harp. It may have been smaller than a full-size harp, but it was no measly lyre—it stood at least four feet tall. Deck played a relaxing, pastoral solo tune before asking the audience to join him in a sing-along. The tune was called "Waltzing with Bears" and was reminiscent of the campfire warmth of other folk classics. Initially they were reluctant, but soon enough most of the audience was singing the chorus with Deck. It was a very wholesome moment.

"Waltzing with Bears" is actually very catchy; I've caught myself humming the tune several times over the last few days. I regret if I missed any other memorable performances, but by this time it was already 11 p.m. and I had made other plans. I departed as the next student prepared to take the stage.

I really admire people who have the courage to perform at events like this. Like I've already mentioned, to get on stage you have to believe in yourself and accept the possibility that things will not go as you had hoped. Even at a low-stakes event like Open Mic Night, the fear of judgement or humiliation can be real. However, if you have talents and skills to offer up to the world—and everybody has something to offer—then to withhold them would be to deprive others of your awesomeness.

The performers at Open Mic Night not only entertained those in attendance, but they also demonstrated some of the diverse talents and personalities present within the Lawrence community. A person in the audience may have found someone else who has a similar hobby or have been inspired to take up rapping or jazz flute. A certain performance might even have encouraged them to take a risk and perform at the next open mic. I appreciated all of the talents on display at Open Mic Night, and I'll certainly return for the next one. Hopefully I'll get to see some of the same acts as well as some fresh faces.



Junior Daniel Green hosts Open Mic Night.  
Photo by Taylor Blackson.

## Guest artist wows at Wriston Galleries

Lily Greene  
Staff Writer

The Wriston Art Gallery opened a new exhibition on Friday, Jan. 11, featuring multiple artists including faculty members such as Uilhein Fellow of Studio Art Meghan Sullivan and especially guest artist Victoria Kue. Kue's work was featured with another emerging Hmong-American artist, Tshab Her. Kue was invited to give a presentation on her work, addressing a large audience in the Wriston auditorium.

Victoria Kue earned her degree at the New York State College of Ceramics in Alfred, N.Y. and currently lives and works in Lancaster, Pa. Her work is very intimate, which is mirrored in her presentation. Although she currently paints, Kue's work spans from ceramic installations to multimedia pieces, drawings, sculpture and paper art. She does not shy away from using an array of mediums; often the medium is very important to the message the piece is conveying. In

a piece that was not displayed in the gallery titled "poob ntsej muag (losing face)," Kue talks about using laser cut cardboard and a specific loose dark blue pigment to allude to Hmong batik textiles. It's clear how important the idea behind the work is to her—it's not just about aesthetics, but the story behind it. She uses themes like the home and her Hmong identity to explore gender roles, sex and stereotypes. Large themes in Kue's art are her experience as a Hmong-American woman, family, culture, conflicting morals, identity, sex, sexism, racism and self-care. It was apparent in her talk how personal her work is and how passionate she is about it. She even teared up a few times explaining the meaning behind a work.

In a piece titled "play with yourself," a tennis ball rests on a cradle shaped piece of satin, embroidered with "self-care." Kue explained a Hmong courting ritual called pov pop, a match-making game where a man and a woman toss a ball back and forth and talk

simultaneously, moving closer to each other. This allusion to the traditional Hmong ritual aims to re-romanticize or normalize self-care and masturbation.

In another piece, which is displayed at the gallery, an accordion book of handwritten letters addresses the moon in very personal, touching notes. With one note for each phase of the moon, Kue writes love letters to it in sparkling cursive, signed "xoxo." Kue explained in the talk that each letter is secretly written to someone in her life, making the piece even more touching, heartbreaking and beautiful.

Both Victoria Kue's work and Tshab Her's, who focuses more on textiles, showcase their unique perspective and talent. The artist talk provided a background and context before going into the gallery. The stories behind these pieces are provocative, personal and touching, and I recommend going to experience the beautiful art in person.

## Faculty performs emotional recital

Milou de Meij  
Staff Writer

What is the function of music, and why do audiences attend concerts? Is it in hopes of seeing a reflection of our times' ugly darkness and wild ecstasy, or experiencing an exploration of personal expression? A chance to find emotional escape, or purely entertainment?

Associate Professor of Music Matthew Michelic, viola, hinted at these questions while introducing Milhaud's First Sonata for Viola and Piano, Op. 240 (1944). Milhaud wrote the piece while living in California as a Jewish refugee from France during World War II. The work, based on unedited 18 century themes, was full of sparkling, short and seemingly happy vignettes expressed through the classical idioms of canonical imitation and motivic development. Michelic himself asked the audience to consider this odd juxtaposition of such light music written in a time of duress.

The word 'light' seemed to be a theme of this recital, as it explored many emotional themes

of joy, happiness and tenderness. The highlight of the program was a commissioned work for oboe, viola and piano from composer Elaine Fine. In 2017, the "Talia Trio for Oboe, Viola, and Piano" was written for a grandchild named Talia born in the fall of that year. The piece explored the themes of play, lullaby and the overwhelming happiness of becoming a grandparent.

The piece opened with an unusual texture as arpeggios from the viola served as an accompaniment for an almost schmaltzily tender piano line that transitioned later into echoing viola and oboe lines. Each instrument was tastefully balanced with fine expressive performances from oboist Leslie Michelic and Associate Professor of Music Anthony Padilla on the piano. The second movement transitioned into a pastoral mood that seemed to conjure the idyllic feeling of teatime in a Renoir painting. A few of the audience members murmured amongst themselves about how much they enjoyed and related to the piece, being grandparents themselves.

Closing the performance, the Michelics were joined by Associate

Professor of Music Nora Lewis, oboe, to perform Beethoven's "Trio for Two Oboes and English Horn in C Major, Op. 87" with Matthew Michelic performing the English horn part on viola. The piece was very characteristic of early Beethoven with a sunny, almost Mozartian lightness permeating through the entire piece. It was also fascinating to see the use of the viola, because while it often served in the role of accompaniment, the piece showcased the viola's versatility with some striking shifts in texture from support to solo. This piece seemed to be a favorite among the performers, who smiled and communicated warmly with each other on stage as they played.

The entire program was short and dense, with only about an hour of music (and an added fifteen minutes for spoken introductions). This is unusual for classical recitals, which are known to stretch on for at least 90 minutes of music, but it helped create the charming effect of a light, joyous atmosphere.



# World Music Series: Yumi Kurosawa



**McKenzie Feters**  
Staff Writer

Renowned koto player and composer Yumi Kurosawa performed for the World Music Concert Series on Monday, Jan. 14 at 8 p.m. to a full audience in Harper Hall. Kurosawa composed or arranged all of the pieces on the program except one. Kurosawa talked to the audience about the koto, the national instrument of Japan, which is made of a long, rectangular slab of paulownia wood, many nylon strings and ivory pegs. Kurosawa explained how to tune the koto by moving the several bridges holding up the strings, and she mentioned that it must be re-tuned for every piece. Even so, one can use techniques like pressing down on a string to alter its pitch temporarily.

Kurosawa played the koto with ease and virtuosity. In her first piece, “Sakura Cherry Blossom,” Kurosawa used fluttering glissandos and exhibited a large dynamic range. On her right hand, she wore picks on her fingers to help with fast passages while her left hand plucked chords and helped keep the beat. Kurosawa enraptured the audience with her musical skill, with the audience applauding loudly after each piece.

One of the more emotional pieces on the program was “Rapture,” a piece divided into three movements to represent past, present and future. Kurosawa explained that she wrote this piece for a collaboration with a short film about the 9/11 attacks. This piece contained mournful rubato sections interspersed with more agitated, quick sections and ended with intense glissandos that filled the recital hall.

Kurosawa performed two

pieces with electronics, “JB Transfer” and “The harvest moon + Looking up at the sky.” The former piece began with soft rumbles of a sound like thunder that coalesced into a steady homorhythm. The soundscape and the koto became one here, moving together in perfect counterpoint. For the latter piece, Kurosawa told the audience about the two parts of the song: the joyous time of harvest in Japan, and the process of moving forward after the earthquake and tsunami disaster in Japan in 2011. Bubbling electronics and double string trills on the koto seemed to represent hope in this piece, which teemed with life like the humming of insects on a summer night.

A crowd favorite was Kurosawa’s arrangement of Vivaldi’s “Four Seasons.” As an introduction, Kurosawa said she first thought that an arrangement of this piece for koto was impossible, since “as you can see, key changes are a nightmare on the koto.” Yet Kurosawa succeeded in her arrangement, and her performance of the work was masterful. Her ability to attain a multitude of tone qualities on her instrument left the audience in awe.

At the end of the program, the audience roared with applause, and Kurosawa played an encore: “Summertime,” a standard jazz tune, which everyone loved. With her program, Kurosawa showed that the koto can play a piece in any musical genre. With her performance, Kurosawa displayed an admirable and relatable stage presence in addition to a stellar musical prowess. Everyone in attendance appeared to enjoy another wonderful concert in the World Music Series.



Yumi Kurosawa performs an original piece at the World Series of Music.  
Photo by Julia Balestri.

# Guest pianist mesmerizes with two act recital

**Sam Goldbeck**  
Staff Writer

Aleck Karis is a concert pianist who has performed a variety of classical pieces in his extensive career. On Wednesday, Jan. 8, he graced Lawrence’s Harper Hall for a recital, featuring several pieces by Claude Debussy and a sonata by Igor Stravinsky.

It was a rather extensive recital, with two acts totaling an hour and half. It was never for a moment dull, with Karis remaining an engaging performer, and his pieces would flow naturally and build off of each other.

Karis begins with a suite that Debussy wrote for his daughter, titled “Children’s Corner,” which consisted of six individual move-

ments. The first signifies Debussy’s break from classical piano orthodoxy with his flights of fancy on the keyboard.

The second piece is taken from the Jumbo lullaby about the captive elephant, here titled “Jimbo’s Lullaby.” The piece centers on a single line that is expanded upon throughout its duration.

Next, we have “Serenade of the Doll,” which celebrates doll of differing nationalities. It is assumed that Debussy’s daughter, Chouchou, owned many of these.

“The Snow is Dancing” is an ode to the recently invented snow globe, which many believe Debussy bought for his daughter while at the Paris Universal Expositions in 1878 and 1889. It evokes a scene of swirling snow on a winter’s eve.

“The Little Shepherd” follows

“Snow” with a meaningful evocation of solitude while keeping with Debussy’s pattern of building off of a single line.

“Golliwog’s cake walk” is inspired by the minstrel shows, cabarets and circuses that made up the popular entertainment of the late 19 century in Paris. This last movement is the most playful of them all.

We follow “Children’s Corner” with a sample of Debussy’s “Etudes: Book 1.” The first etude starts out rather dull and then comes together with Debussy’s flights of fancy (as they are called by his contemporaries), making the whole piece more subversive than we imagine.

The second etude is dedicated and serves as an homage to Chopin, one of Debussy’s favorite composers, and is played in thirds.

The following etudes are played in fourths, sixths and octaves with the final etude being played with only eight fingers.

After an intermission, we returned to hear a sonata by Stravinsky, who was greatly influenced by Debussy. This sonata, and Stravinsky’s general playing and composing style, is considered neoclassical, though he was much more restrained than Debussy when it came to experimenting with the genre.

The recital ended with selections from Debussy’s *Etudes: Book II*. The first etude builds off of chromatic scale movement to beautiful effect. The second etude moves through ten different key signatures with tempos and moods that are constantly evolving and changing. Edgar Allen Poe’s “imp of the

Perverse” inspired the third etude. It is much more quirky in character than most of what we have heard thus far. The fourth etude is very complex and moves to a rousing climax that defies expectation. The fifth etude is an example of the elegance of arpeggio notes that is seductive and ultimately sublime. The sixth and final etude takes on a clear three-part form that achieves a dizzying harmony by the time Karis reaches his climax.

Overall, the incredibly varied and talented Aleck Karis delivered a beautiful recital that really makes one feel as if their soul has been fed to satisfaction.



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STAFF EDITORIAL

Lawrence University Community Council Elections

This Friday, January 18, Lawrentians are invited to vote for LUCC’s next president and vice president. Elections will be held in the Warch Campus Center from 10 a.m. to 8 p.m., Alexander Gymnasium from 4:30 to 6:30 p.m., and the Conservatory from 1 to 5 p.m. We at *The Lawrentian* hope that every student and faculty member takes the time to make their voice heard and helps to elect new members to our campus’s shared governance council. Below, we have included personal statements from each of the candidates.

Presidential candidates:

Maria Poimenidou

“Hello Lawrentians! My name is Maria Poimenidou and I am running for LUCC president! Over the last three years, my involvement at Lawrence has allowed me to participate in a notable range of groups and organizations giving me the opportunity to hear out students from each corner of campus and help voice their concerns. I have been in LUCC long enough to know how things run and to know the path we have been on, and with me as your president we will continue the great work that has been done and full-heartedly commit to addressing pressing issues that our Lawrence Community is facing. LUCC needs to continue being that medium where various, unique problems of our campus are met with diligence, expertise and heart and together we can achieve that.”

Ghania Imran

“I’m Ghania Imran, currently Class Rep of 2021, I am motivated to run as President because I have a passion to lead and unite our student body. I am steadfast in decision making, accountable, assigning and completing tasks, working with others, and having an open mind to new ideas and perspectives. To me, being president means having an impactful voice from my walk of life as a South Asian Muslim woman and being able to have many other voices heard which are often ignored or overlooked. I am here to empower you and work together to gravitate towards making Lawrence a better place for all of us. I will support our community’s requests and visions. I will work on integration and diversity affairs, Title IX affairs, the representation and equity of underrepresented groups such as low-income students, LGBTQ+ students, students of color, womxn students, and international students. I will also strongly support our committees on the council to support all our students in the conservatory, athletes, and students in all the other disciplines. Lawrentians are the leaders of this community and with your help we can make our school a better place by addressing issues and working towards a solution.”

Vice presidential candidate:

Ngan Nguyen

“My name is Ngân Nguyễn, I’m an international Junior from Vietnam. I’m running for LUCC Vice President because I believe I have both the experiences and the passion to serve the Lawrence community. I’m the President of Lawrence Asian Diaspora Alliance, 2nd year CORE leader, 2-time elected Class Representative. During my years in Lawrence, I’ve had the opportunities to be active in different spaces that strive to educate, promote diversity and advocate for marginalized identities on campus. I believe in two things: laughter and positivity can bring people together; and change for the better is inevitable when we can find a common goal and work together to reach that goal. My goals are to focus on the student body’s well-being. No one should feel that their education is compromised because their mental health is put at risk and/or they don’t have resources necessary to ensure their success. I also want to encourage conversations and actions to bridge the gap and foster understanding between students, staff, faculty and the administration on multiple issues. I especially want to further the efforts to support POC, marginalized students, the staff, and the faculty to ensure a safer, healthier, and better Lawrence.”

Get out there and vote, Lawrentians!

Letters to the Editor can be sent in to the Opinions & Editorials Editor, Cassie Gitkin, at lawrentian@lawrence.edu. We review all letters and consider them for publication. The Lawrentian staff reserves the right to edit for clarity, decency, style and space. All letters should be submitted on the Monday before publication, and should not be more than 350 words.

More body inclusive media in 2019

Olivia Omura  
Staff Writer

For better or for worse, the media has always been an integral force in shaping my perception of my body and the bodies of others. It has become a joke in feminist circles that, once one becomes aware of social justice issues, it is difficult to enjoy any form of media without heavily critiquing it. Since radically changing my views on body diversity, I have watched my favorite movies and TV shows fall from their pedestals as I see them for what they are: fat-phobic, glorifying the thin ideal; always seeking a cheap laugh at the expense of someone’s body or mental illness. Last year, Netflix released two stories whose messages vastly contradict each other: the show “Insatiable” and the book-to-movie adaptation “Dumplin.” Full disclosure: I did not watch “Insatiable,”

because a) its premise is as appealing as overcooked spaghetti and b) I read critiques of activists and mental health professionals that convinced me that there was nothing original or empowering about the series. There was actually a Change.org petition created to stop Netflix from releasing the show due to its dis-empowering message and discriminatory content. From what I can gather, the show follows a young girl, Patty, who loses weight because her jaw is wired shut due to an injury and she is unable to eat. Emboldened by her newfound “hotness” and the power it affords her, she returns to her school to take revenge on her former bullies. This show is problematic for many reasons. The narrative that a fat woman (or any person) must lose weight in order to be desired and have any real clout in this world, is a false one. The idea that

all fat people are out of control and need to have their eating reined in by medical means, actively does harm to people trying to heal their relationship with food and their bodies. Additionally, the show makes use of a “fat suit” in order to show flashbacks to their previously fat protagonist. By dressing up a thin person as fat, the show does several things: it assures us that fat bodies are works-in-progress and it creates a caricature of fat people that plays into our misconceptions about them. Fat Patty = miserable, friendless, alone. Thin Patty = sexy, confident, powerful. “Dumplin,” on the other hand, is a story about a fat girl with a refreshing lack of the typical weight loss narrative. Texas teen Willowdean idolized her Aunt Lucy, who taught her that her body could not keep her from living the life she wanted. When her aunt dies

Growing from God

Michele Haeberlin  
Staff Writer

The word ‘grow’ has positive connotations in most languages and ‘to grow’ almost always refers to maturity and the attainment of knowledge. So, it can be claimed that growth is a good thing that should be encouraged and accepted. But within religion, I would argue this is not always the case. Nationality is another aspect of personal identity similar to religion. But due to globalization, the idea of changing nationalities is becoming widely accepted. A person can be born in Germany, move to South Africa, study abroad in Brazil and finally settle in chilly Iceland, and people will view this person and their passport with awe and respect. They may have changed their national identity many times, but without any real negative impact to their overall feeling of value within their social community. Now look at religion—here is a distinctiveness of self some philosophers call “the highest identity.” Many people who possess this way of identifying themselves would call it their most important identity. And rightfully so, for religion is claimed to be the only identity one can possess that will save them a seat in some afterlife. But religion is a selfish identity—unlike nationality, which was forced to be shared after Columbus sailed the ocean blue and discovered the world was wide and ready to be filled with people. Religion does not like it when you try to leave, whether at all or to a different religious identity. But what about growth? I would argue growth has a major role in all identities and almost most crucially within our religious one. How does growth fit into religion? Well, think about it: a typical child grows up experiencing mainly one or possibly two religions from the main influencers in their lives: their parents. They therefore generally spend the first at least ten if not up to 15 years of their lives under the umbrella identity of their family’s religion. And this is in no way bad. In order to grow and explore in a field one must first be introduced to it and who better than ones’ own parents. But as I have grown into my high school and especially college years, I have found the often commonplace dichotomy of fellow students trying to appease their parents while also trying to learn more about the world around them. A person could grow up in the religion of their parents and be perfectly happy with the place and purpose this religion gives them in this world and the next, and that is wonderful. But for many people I know, and including myself, as we grow older our perspectives about the world, our place in it and more

and she is left alone with her former beauty queen, image-obsessed mother, Willowdean decides to enter the pageant to prove a point: she is not the disappointment her mother believes her to be. I cried throughout the entire second half of this movie, and not just because

importantly our role in relation to the people around us, changes. As children, the world is simpler and relationships and obligations are more direct. But with time and maturing, things can become convoluted. What happens when a person wakes up one day and realizes the answers they have been using since birth to comfort themselves about why the world works the way it does, why people get hurt, why their loved ones die and what happens after death are no longer sufficient? I remember standing in a church, listening to the words of a man I barely knew in front of me who was aggressively telling me how to live my life, and thinking he had no conception of what life was like for me. And I was so disappointed. Here was a man, supposedly filled with the direct words of God, dictating rules that were outdated from a time when men still stoned women for glancing at another man. I realized I had been blindly following the words of the two people I trust most in this world, my parents, and had been unable to see the hypocrisy and judgement all around me. In college I grew religiously in my opinions. I ventured out from under the shade of my family’s religion and started to think of myself and my place in this world, and especially why I am here, in new ways. But that is a hard thing to do. Many people view the leaving of one religious identity for another or to simply explore them all (as I would like to) as a sign of selfishness. I once heard someone say people who leave their religion are trying to find a new religion that doesn’t make them feel as bad about themselves. This person meant that in a negative light, as in people should feel bad about themselves so that they are motivated to find and seek favor with God by confessing their sins and striving to be better. But what if I want a religious identity that does not make me feel bad simply because I want to not be constantly put down, not feel judged and not feel unworthy every time I walk into a church? Why can’t religion be an identity of joy and acceptance that doesn’t motivate people by concocting stories of imminent punishment that will take them if they don’t repent (and pay their tithes)? Growth in religion should be accepted in every form, whether that means growing within one religion, growing apart from religion completely or growing from one religion to another or even many. From the acceptance of one’s main support system, their family, for their exploration of self can come true reflection and true inner peace. Religion is just another aspect of diversity we have to allow to be a fluid identity that can grow and change as we and our perspectives of self change as well. it was sad—goddamn, it was relatable. I related to the strained mother-daughter relationship, when Will never feels like she lives up to her mother’s expectations. I related to Will’s incredulity when a hand-

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# Your potatoes make me sad

**Dan Meyer**  
*Staff Writer*

Sweet potatoes! Ye orange beacons shining forth from the shadowy memories of Thanksgiving, ye starchy suitors after my own heart in these wintry doldrums—snow has fallen and you all have completed your return from the depths of the earth. Each dawn has witnessed a vista of orange tubers, protecting the vulnerable dirt from unforgiving sunlight. When families strained their relationships over the dinner table, it was sweet potatoes who waited at the table’s center, mashed or sliced or fried or whole and uncooked for those who enjoy the simpler things in life. Although Thanksgiving was several months ago, grocery stores hither and yon still serve orange bliss to those with refined taste. Although some follow the narrow path of truth, I have seen too many instances of sweet potato sacrilege. We all must recognize the error of our ways in eating mashed sweet potatoes without marshmallows. I am uniquely qualified to speak on this troubled and divisive subject.

My life has been filled with misunderstanding and unfulfilled expectations. Each morning brings the quiet disappointment of an unnoticed haircut, but instead of having a new haircut I am and always have been a sweet potato. When I got my driver’s license and passport, not one person bothered to ask if I was a tuber. Not one! There were zero questions at Lawrence’s freshman orientation that would have allowed me to casually bring up my true nature. I was even kicked out of Mission:

Space at Disney World for muttering, “Mmmmm, mash me up, daddio,” but the brutish security guards made no mention of my sweet potato living. Fools, each and every one!

At times, I suspected that this lack of investigation into my #tuberlife was the result of mass conspiracy. The signs are everywhere, from my staunchly pro-photosynthesis politics to the abundance of sweet potato products sold in my Etsy store. I will be the first to admit that I may not have the characteristically smooth skin of your average sweet potato, but my habit of becoming crispy and burned in the sun is a dead giveaway.

Why give the game away now, you ask? Why reveal my true identity in the pages of the Lawrentian, one of the most widely-read newspapers regularly dispersed to each residence hall at Lawrence University in 2019?

I have chosen to reveal my identity and another earth-shaking secret because this criminal mis-preparation of sweet potatoes has gone on for far too long. My greater secret is the reason I am uniquely qualified to speak on this subject. Not only do I possess the knowledge shared by sweet potatoes across the globe; I also grapple with my own cannibalistic temptations on a daily basis. I crave the taste of sweet potatoes above all other foods and my life among tubers has been nothing but torture. I have never eaten anyone I knew personally, of course, but days without the intoxicating taste of those sweet taters are days wasted. I say this to demonstrate

my expertise and unique ability to comment on the correct way to eat and prepare sweet potatoes, both as a lover of the dish and as someone who, one day, will become a star contributor to Thanksgiving’s most underrated dish.

Marshmallows belong on mashed sweet potatoes. The combination is derided by fools for many reasons, but never for any reason that holds up to the harsh eye of reason. The same people—like my roommates, Luke “The Masticator” Honeck and Delaney “I Enjoy Making New Friends in Public So Please Approach Me and Make Conversation When You See Me Around Campus” Stewart—who degrade this sweet combination are basically the people who were originally disgusted by chocolate and peanut butter. If you spend winter traipsing through snow, carving your way through three-foot drifts and listening for voices in the dark at 5 p.m., you can hear them shrieking from their dining rooms, “What is this abomination?! Two different things, brought together in one dish?!” Idiocy and closemindedness: the defining characteristics and eventual downfall of this nation. But I digress.

The visual appeal of the dish is immediately apparent. The bright white canvas of the half-melted marshmallows laid out over the magnificent gamboge of the sweet potatoes entices the eyes and rivals the eye-catching abilities of any other dish at the Thanksgiving table, no matter how sultry the turkey’s costume is. And the gamesmanship! Ah! What better way to invigorate the otherwise tiresome task of portioning dishes than the

sporting competition between sweet-potato eaters? No amount of spoon-wielding prowess can prepare one for the test of fate that is portioning out mashed sweet potatoes with marshmallows on top. Like the planets of the solar system, a car under my stewardship or a cow released into a living room, the marshmallows will go where they please.

Given their sugary content, marshmallows belong on sweet potatoes more than they do on cereal. Marshmallows and sweet potatoes are a better combination than chocolate, graham crackers and toasted marshmallows. I know that many of you probably have fond memories of eating Lucky Charms marshmallows as children, rooting your grubby baby hands through a box of once-edible cereal to find those sugary morsels. I realize these memories may have been some of the defining moments of your childhood. I ask you, however, to view your past through the critical lens of someone who is Unamused By Children. As a card-carrying UBC Club member, I can provide this lens for you. You were a child. You would have eaten a mailbox if it had half the sugar content of a Hershey’s bar. Your teeth still had the strength of mid-Atlantic icebergs in 1911. Eating Lucky Charms marshmallows as an adult feels like your teeth are being shaved off with sandpaper. Marshmallows are the worst part about a cereal that was inspired by deformed Alpha-Bits without frosting. Even candy companies have been trying to show us the error of our ways; some companies have been trying to make chocolate dis-

gusting by adding marshmallow to it and selling it as a normal candy that has always been a staple of the sugar diet. These companies are making marshmallows horrendous outside of their rightful sweet-potato context so we might finally embrace the match made in heaven.

Marshmallows are much more conducive to the welcoming embrace of mashed sweet potatoes than the brutal hellfire of smores. S’mores, much like many other camping trends that inexplicably made their way into popular consumption, were invented by losers who were so desperate for a sugar fix they threw whatever they could find into the fire. Marshmallows are only there to act as filler and prevent ol’ Tent-Livin’ Billy from eating the rest of the chocolate. When the grocery store is out of reach, humans become capable of despicable things. Fortunately for most of us, grocery stores are now closer than a six-day’s hike away. Eating graham crackers and melted chocolate is ten times better than smores, and I will not stand for this nostalgic, tent-humping justification for the practice.

When I set out to reveal my identity, I had no intention of spewing vitriol. Sure, s’mores are fine if you find yourself in the crunchy monotony of camping. They would be better if they consisted of melted chocolate and graham crackers alone, but they are fine. Lucky Charms are great if you are ten and your uncle bought you sugary cereal to annoy your parents. In the right context, all food can be

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## Life as a social media influencer

**Simone Levy**  
*Staff Writer*

I try to be modest, I really do, but the thing is, I am an Instagram influencer. I know this is a surprise to most of you that I am an influencer, being that I am not the coolest nor the most beautiful writer at the Lawrentian, but I am telling the honest-to-God truth. I happen to be an ASMR-tist, if you will. An ASMR-tist (portmanteau of ASMR and artist) is someone who creates original ASMR content to entertain the masses. Whether it be slime makers, floral foamers or my personal favorite, the soap cutters, ASMR-tists like myself gain an Instagram following that offers lucrative opportunities to make money and further their popularity on the platform.

As I previously mentioned, I am an ASMR-tist. I run the Instagram soap cutting account called “wecutsoaps” and my following at this moment in time is just over 1,700 followers. Unfortunately, with a large and ever growing following like mine comes many loud mouths critiquing my art form. As a celebrity, I have been critiqued and even flat-out bullied for everything that shows up on my Instagram page.

Allow me to begin with the less mean comments I have received. The milder ones usually critique the methods by which I cut soap or the composition of the video. On a video where I cut a bar of scored aloe and cucumber Lever 2000, one of the comments, originally left in Russian, questions why I cut the soap when it was not fully dry yet. I appreciate this kind of constructive questioning, as I agree with the comment that insinuated that

I cut the soap at the wrong time. I also get a lot of comments asking why exactly I cut soap and some even who call it wasteful. These do not bother me, as they are easily answered. I cut soap because I like it, and it is not wasteful because I repurpose the soap into new bars of soap to either use or cut up some more. I also get the occasional commenter who came to my page via the Discover page on Instagram, like this comment: “Why is this s\*\*\* showing up in my feed?” Some comments I can tell are negative, but I do not know what they are saying, like this one: “Can u start doing it with ur glows on it would look much better.”

These comments, while sometimes discouraging, do not shake me nearly as much as the ones that comment on my appearance. Though I do not show much besides my hands, you would be surprised the amount of absolute hate I receive regarding these fingies, baby! Some of my favorites include, “It’s [sic] f\*\*\*\*\* thumb is disgusting,” “Why this girl finger look like a minion been trynna eat it,” and “Lol ur nails.” Though these comments are rude and objectively count as bullying, I have the calloused hands of a worker and can disregard the mean comments. There was one comment that did make my heart sink, even though I am this toughened-up influencer that can handle anything life throws at me. This comment said something along the lines of, “you can tell she’s fat because of her hands.” It was shocking to see someone say this to me, especially on a video where I am just cutting soap for auditory pleasure. Like, not to be that person, but it did

really hurt my feelings that this person said this to me. It made me even more upset that my mom saw the comment. I could tell it made her so upset to see someone out of nowhere saying, “you can tell she’s fat because of her hands.” Honestly can you even believe someone said this on an ASMR video? Who knew that being an influencer meant receiving such hate like this. I guess I should have expected that a large following brings larger opinions.

I know I am not the first to share a history of cyber-bullying, and I am not going to preach about the horrible repercussions of cyber-bullying either, as I think we have all heard about it before. I have been bullied in person and online, neither of which have caused me an unbearable amount of agony. But that is my problem: I think the ever common presence of forms of bullying in our generation have caused a sort of tolerance for it, which is not necessarily the best way to handle bullying. There is this rhetoric around bullying that says you must have a tough skin and not care about what people say. I do not believe that this is the best way to deal with bullying. Suppressing your emotions has never been my way, and I do not see why bullying should be any different. I think we should focus less on this idea that you must stand up to bullies and focus more on discouraging bullying.

I think this is just a small part of a discourse that should be continuous throughout not only schooling but over the internet as well. Anyways, please follow my ASMR Instagram @wecutsoaps and leave a nice, encouraging comment.

**Mara Kissinger**  
*Staff Writer*

Tinder for me has been what can only be described as a strained relationship. It has resulted in one date that was fine and didn’t lead to anything in the combined four months’ worth of use it has gotten. The problems with Tinder are numerous, but I don’t think that it has to be so problematic.

My first problem is that so often bios are left empty or filled with very little someone could talk about. Tinder is very appearance-focused but when you have decided that you like the appearance, you need a bio to keep the conversation going. Among the “420 friendly” and the strange need to list one’s height is a wasteland of lackluster information that says very little about the person. Generic things like, “I like adventures,” denote to me that I should take out my sword and find us a dragon. Whether or not you like books tells me very little about who you are. What little I can ask you is relegated then to whether you would join me in slaying a dragon or what book/author you most enjoy. But I also can hardly criticize because I have found myself guilty of a vague and general bio. The problem is that we freeze up when asked to describe ourselves. We find it easier to just say that we are the proud owner of a dog or a cat and that we may enjoy weed than giving away something of substance. A huge part of the problem is the fact that meaningful connections through any small snippet of a person are incredibly difficult.

My second problem is the number of times a conversation

## Tinder troubles

starts with a single word. Hi. A word that is clipped and useless in actually starting a conversation. Not only is it boring, but it also tells me that you didn’t really bother to read anything that I bothered writing. “Hi,” is lazy. “Hi,” says you want to start a conversation but couldn’t be bothered to ask me anything. But again, this problem is caused because there is an awkwardness that comes with trying to approach a romantic interest. I am also guilty of the stilted “hey” dropped into the messages. When bios are short and a lot of people are looking for casual hangouts or new friends based on pictures, we find ourselves entirely at a loss of what to say.

Ultimately, it really should not have to be this way. In my opinion, the problem is not with the way “this generation fails to connect.” For me, the problem lies in the fact that we all try to make as many connections as possible should one of them somehow be “the one.” We spread ourselves thin over tons of possibilities just in case one connection is dropped. But this means that we put less effort into meaningful details. We have five dating apps each for different things and we don’t spend much time editing any of them. In the end, Tinder fails to help any of these problems. They keep the bios short and show you the picture before anything else. But I don’t think they are the sole cause of the problem. Sometimes, we all just need to slow down and take more time to put some effort into the important things.



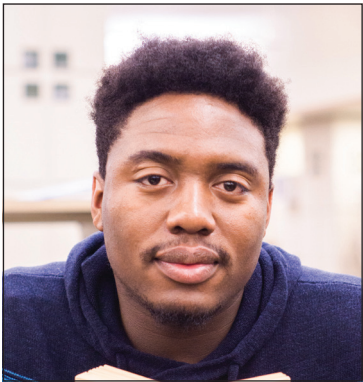
Photo Poll

Quinn Giglio  
Staff Photographer

If you could start a club, what would it be?



"Running Club" -Willa Dworschack



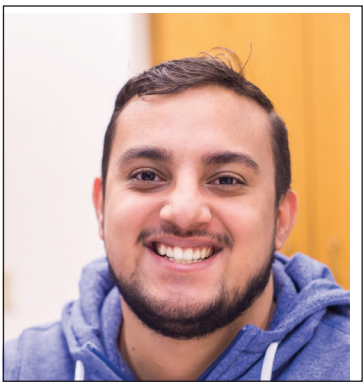
"Polygon Appreciation Club." -O'Ryan Brown



"Fashion Club." -Ryan Santamaria



"Mixed Martial Arts Club." -Aiaetan Sherniazov



"I think that everything that could possibly be a club exists at Lawrence University." -Saahil Cuccria



"Curling Club (The sport)." -Ellary Anderson

More body inclusive media

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some, charismatic boy is attracted to her instead of the other pageant contestants. I laughed and cried when Will finds a group of friends who are all outcasts in some way and they bond over their shared stories of rejection.

Truly body-inclusive stories in

the media are few and far-between. I cannot fault Netflix and other companies for playing the field, but I can reject the notion that stories like "Insatiable" add anything to our collective conscious besides a reinforcement of self-hatred and systemic fat-phobia. We've made

enough movies starring thin, white, heterosexual protagonists; we've seen enough fat girls lose weight as a means to a fulfilling life. If we want to see stories that empower and celebrate the diversity of people, we must support the ones that already exist and fight to have our individuality represented across all forms of media. Seriously, go watch "Dumplin'," y'all.

Your potatoes make me sad

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delicious. But s'mores and Lucky Charms exist in a context that also has mashed sweet potatoes and marshmallows, and nothing can compare favorably to that incred-

ible dish. Marshmallows and sweet potatoes in one dish allows for multiple sweet potato dishes in a single meal, ensuring that we all will slowly become sweet potatoes

blessing the slushy mid-winter landscape of January. I must prepare myself for my final consumption with the rest of my family, but I implore you to make mashed sweet potatoes the right way: with a gooey, caramelized layer of marshmallows on top.

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